

> 08

Sunday Fun

> 22

Sew sparkly

> 28

How low can you go?



the newham mag

issue 220 // 13-27 May 2011



**Let them
eat cake**

Newham enjoys a royal
knees-up (p17-21)



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This issue has an extra large helping of community spirit, as we look at some of the Royal Wedding street parties we helped you organise over the bank holiday weekend (p17-21), and plans for the Sunday Funday on 30 May (p8-9). You can also read

about how Plaistow residents and businesses got together to combat anti-social behaviour – and find out how you can do the same (p16-17). We also talk to a Green Street dress designer whose work was showcased at the Royal Wedding (p22-23).

Cllr Unmesh Desai
Executive member for crime
and anti-social behaviour

Don't forget – If you live in Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forum areas, look inside for local news and events in In Focus.

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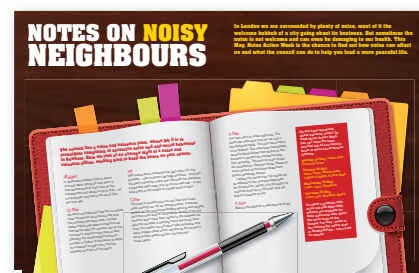
The Newham Mag is printed by Woodford Litho Ltd and distributed by Letterbox Distribution.

Regulars

- 04 NEWS** – two pages of news from across the borough
- 06 MAYOR'S VIEW** – news from Sir Robin Wales
- 17 CELEBRATING IN PICTURES** – five pages of Royal Wedding photos
- 22 WORKING LIVES** – Raishma Islam on her royal grand design
- 30 OUR NEWHAM** – community news from across the borough
- 32 KIDS' CORNER** – poems, pictures and puzzles for our younger readers
- 34 WHAT'S ON** – five pages of activities and events for you to try – most of them free



08



28



15



22

Features

- 08 STRATFORD SUNDAY** – FREE Sunday Fun Day returns to Stratford
- 10 FAB FOSTERING** – two outstanding families
- 12 HELPING YOU HELP YOURSELF** – a new service for disabled residents
- 15 MASS MELODIES** – musical minors come together
- 25 HALF TERM TIME OUT** – what to do during the break
- 26 OUTLAWING ASB** – people in Plaistow take action
- 28 PUMP DOWN THE VOLUME** – cracking down on noise nuisance

IN BRIEF //

School revamp is top class

The redevelopment of Canning Town's Eastlea School moved a step closer to completion with a topping out ceremony signalling a milestone in the construction of a new art and dining block.

The £13m redevelopment is part of the Building Schools for the Future programme. Due to be completed in August, the block will house kitchen and dining facilities and state-of-the-art teaching equipment for the visual arts.

Additional funding from London Thames Gateway Development Corporation means there will also be a modern hospitality and catering suite and an enterprise café in a separate area of the school.

The Mayor of Newham Trust Fund is here to help

The Mayor of Newham Trust fund is here to help children and adults to get the most out of life, whether you are:

- > a child who wants support to progress your talents
- > a young person or adult who needs support to live your life independently
- > disabled and want help to access employment opportunities

To find out if you are eligible to apply please visit: www.newham.gov.uk/mayorstrustfund

Rugby correction

A picture published in issue 218 of the Newham Mag was captioned as St Angela's School rugby team. It should have said Eastlea School girls' rugby team. We apologise for the error.

Clean up is by royal appointment

Mayor Sir Robin Wales joined The Duchess of Cornwall in Beckton to launch a clean-up campaign that is encouraging local people to take responsibility for keeping their area tidy.

Charity CleanupUK is running the Beautiful Boroughs project in partnership with the London Organising Committee of the Olympic and Paralympic Games and Newham Council, which has already awarded a Go For It grant to assist the programme.

The Duchess, Sir Robin and George Monck, chief executive of CleanupUK, met residents and litter pick volunteers and viewed litter-related art created by pupils from Gallions School. Together they cut a ribbon made of rubbish to launch the project.

Sir Robin said: "We have to take a stand against those who litter our borough. We encourage people to take part in the Beautiful Boroughs project.

"The Olympics are a symbol for the regeneration of people's lives. People who volunteer to be a part of this scheme and see how rewarding it is may then be inspired into work, which can only better their lives and give them new hope."



The Duchess of Cornwall lends a hand

Young golfers are tee-riffic!

Youngsters tried out some crazy golf at a garden party staged by Newham Council to celebrate Easter in the courtyard at the Old Town Hall in Broadway, Stratford.

As well as sporting activities, there were face painting for children, a range of arts and crafts activities for all ages, Easter egg hunts, egg tasting and egg decorating. There were also tips on how to grow your own fruit and a petting farm.

The egg hunts included clues around the Town Hall and prizes were donated by local businesses including Stratford Circus, Keith's flower stall and Discover.

Stratford ward councillor Richard Crawford said: "There were some great activities on offer. We would like to thank those businesses who offered prizes."



Tee time: Cllrs Freda Bourne and Richard Crawford enjoy a round of mini golf



News

Party people have a great time

More than 100 street parties took place across Newham to mark Royal Wedding and St George's Day celebrations.

The council supported the resident-organised events by providing funding, free bunting and help to close roads.

Deputy Mayor Councillor Andrew Baikie, who attended some of the parties, said: "I am delighted so many residents took the time and effort to organise parties. We tried to make it as easy as possible for them to take place and were rewarded with thousands of people of all ages and cultures getting together to have fun."

The council also raised the St George's Cross flag on the steps of Newham Town Hall in Barking Road, East Ham, to mark St George's day.

To see pictures of the party celebrations see pages 17-21 or visit www.newham.gov.uk



Don't be duped by Council Tax phone scam

Residents are warned to be aware of a telephone scam informing them that they are due a rebate on their Council Tax.

The council has received reports of bogus callers, purporting to be council employees, stating that if the resident has been a regular Council Tax payer they are entitled to a rebate.

If customers are due a rebate, the council would write to them with a phone number provided. At no time would council staff ask for bank details over the phone to arrange for money to be repaid. Under no circumstances should residents give the information.

If you do receive a call you are unsure about asking for bank details, note down the details and report it to the council, by calling 020 8430 2000, or the police. If you want to verify whether a call is genuine call 020 8430 2000.



Hats off to Easter parade pupils

Budding young dancers, singers, poets and musicians were the stars of the Custom House and Canning Town Spring into ACTION festival talent search.

The free festival staged at Rokeby School in Barking Road by the community forum area's Active Community Team offered activities for all ages and tastes from live entertainment and sports to arts and crafts and food.

Canning Town North Ward councillor, Clive Furness, tried some moves with street dancers Intelligent Minds, a group of Year 11 pupils from Rokeby School.

Councillor Furness said: "The community forum festivals are a great way to bring local people together with the opportunity to have fun, take part in activities and find out about local community groups and services that the council offers."

If you would like to be an active community volunteer or find out about future festivals call freephone 0800 519 4015 or visit www.newham.gov.uk



Strengthening what

Over the next few months, Newham will be engaging in a public debate on how we continue to build a stronger local community. We will be doing that from a position of strength, demonstrated by much that has gone on recently.

The Newham street parties to mark the Royal Wedding and St George's Day were an outstanding success. That was largely down to the work of local people who brought their neighbours together in local celebration. The council's role was to lead the call for the parties and then to help support and finance them. We believe that bringing neighbours together builds a stronger local community, which is in the interests of us all.

"We believe that bringing neighbours together builds a stronger local community, which is in the interests of us all."

We will now be looking to discuss with local people, businesses and others how we can further strengthen our community in three key areas: personal, community and financial resilience.

Personal resilience is a person's qualities or abilities that enable them to deal with setbacks and find the resources and support needed to succeed to overcome them. Often, it is about making the right decisions or knowing where to go to get help to do

so. It is those abilities that we develop in our early years and which have a profound effect on our ability to develop academically and socially in later life. That's why the rising standards in local schools are so important.

Community resilience means having access to a broad range of diverse networks. To succeed in life people need close, emotionally supportive relationships but also exposure and links to a wider group of people with

different knowledge, talents and resources. For example, Newham has a strong base of local religious and ethnic groups. They provide valuable support and help to bond elements of our community together. The council can and should play a vital role in combining the strength of those groups to benefit the whole community.

Finally there is financial resilience – the ability to find a rewarding job, to withstand financial shocks and make



Ready to party – the residents of Cotswold Gardens, E6



Mayor's view

matters most



Meeting the Duchess in Beckton

genuine choices about life and your future. That's why we see jobs and skills as vital to the regeneration right across our borough.

"A resilient community is one that also challenges negative or destructive behaviour"

We know people often adopt the behaviour they see around them. So a resilient community is one that also challenges negative or destructive behaviour.

Dropping litter is a prime example of that, but from what I saw last week, the residents of the Winsor Park estate in Beckton and children from Gallions

Primary School have really captured the spirit of a resilient community.

The have real pride in their neighbourhood and are volunteering to keep it clean. So much so that they were chosen to launch the Beautiful Boroughs Project, which encourages residents in the Olympic host boroughs to keep areas tidy ahead of next year's Games and beyond.

The Duchess of Cornwall and I attended the launch. Our Beckton volunteers are leading the way and we have offered the project some financial support through a Go For It grant to continue the good work.

But we can and must do better. For that to happen we have to change. At next week's Annual General Meeting of

the council I will be explaining how we can do that and I will be telling you about it in future issues of the magazine.

We have created or prolonged dependence by doing things for people. For example, we have offered benefits advice but often failed to deal with the obstacles that keep families trapped in debt. We've provided care for older people but not provided them with the support to live independently.

"Our new focus will be on creating the conditions for people to develop the skills, networks and resources that enable them to lead independent lives and make the most of their talents."

We cannot continue to focus on delivering rigid services that meet but do not change people's level of need.

It's time to move beyond those traditional responsibilities and be radical about the way the council works.

Our new focus will be on creating the conditions for people to develop the skills, networks and resources that enable them to lead independent lives and make the most of their talents.

To do that we will need your help and support. I hope you'll be part of the debate.

Read more about how you can get involved in the debate in a future issue of the Newham mag.

with Sir Robin Wales



packed with **FREE**
entertainment for
the whole family

A Sunday Fun Day for all the family

A day of amazing free entertainment for all the family is fast approaching as Sunday Fun Day returns to Stratford Park and Stratford town centre on 29 May. Here's a taste of what's in store.

08

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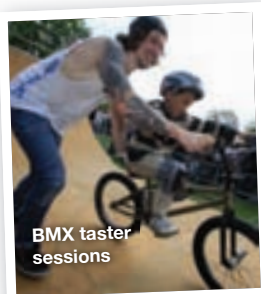
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Stratford Park West Ham Lane, E15

Sports demonstrations, 12-6pm

An afternoon of action packed fun with sporty challenges including:

- > speed bounce, hurdles and family relay races, 12noon-6pm
- > cycling in the tennis courts with BMX taster sessions, 12noon-6pm, bicycles provided
- > football for all ages, 12noon-3pm
- > basketball 3-4.30pm
- > women and girls only football run by Women's United, 4.30-6pm.



BMX taster sessions

Children's fun, 12-6pm

Head to the children's area and keep young ones entertained with badge and mask making, face painting, arts workshops, a climbing wall, bouncy castles, a selection of fairground rides and lots more.



Street theatre

Street theatre, 12-6pm

Look out for a host of characters taking a stroll around Stratford Park, including colourful stilt-walkers, daredevil acrobats and comical double acts.

Big Beat, 12-6pm

The most innovative band to ever leap out of a pile of rubbish! Learn how to produce incredible sounds using a multi-coloured array of industrial waste including gas pipes, shopping trolleys and even the kitchen sink!



Big Beat



Capoeira & Brazilian Music

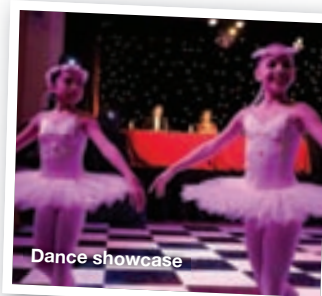
Capoeira & Brazilian music workshops, 12.15-1pm, 1.15-2pm, 3-3.45pm, 4-4.45pm, 5-5.45pm

Music and movement takes centre-stage at these free workshops, which combine martial arts, dance and live music. Places are limited for each 45-minute session, so arrive early to avoid disappointment. Workshops are provided by Stratford Circus and are suitable for families and children of all ages.

Old Town Hall Stratford 29 Broadway, E15

Newham's Dance Showcase, 12-4pm

Dazzling dance, from ballet to Bollywood and contemporary to the baby teddy bear dance, performed by local organisations including East London Dance, Deborah Day Theatre School Trust and J's Dance Factory.



Dance showcase

Tea dance, 4pm-6pm

The return of the popular event giving everyone the chance to take to the dancefloor for tea dancing.

Stratford Centre Broadway, E15

Discover Children's Centre art and craft activities and storytelling, 12noon-6pm

Get a taste of Discover's Welcome to Monsterville exhibition with storytelling in a monster-themed yurt, monster mask making, 3-D monster-making workshops and monster guest appearances in the shopping mall. Times for monster top trumps with an east London illustrator: 12.30-1pm, 2-2.30pm and 3-3.30pm.

Mamma Mia Italian Food Market

12noon-6pm

Soak up the sights and sounds of Italy at Newham's very own Italian Piazza complete with authentic regional food, artisan crafts and jewellery, plus strolling Italian themed-entertainment.



Italian food market

Theatre Royal Bar Theatre Square, E15

Basil Hodge Trio, 3-6pm, FREE entry

Basil Hodge has been a regular fixture of the London jazz scene for over a decade, so don't miss his brilliant trio performance combining piano, bass and drums.

Olympic Park Viewing Gallery (OPVG), E15

Come to the OPVG for a bird's-eye-view of the Olympic Park, which includes many of the major venues to be used during the Games, as well as Europe's largest shopping centre, Westfield Stratford City.

Presentations will be held from:

1-1.30pm; 2-2.30pm; 3-3.30pm and 4-4.30pm.

To book call 020 3373 3793 before 4pm on Monday 23 May. Places are limited and allocated on a first come, first served basis. Bookings are restricted to four spaces per person.

We regret that the OPVG is not wheelchair accessible.

Stratford Circus Theatre Square, E15

Quincy's Comedy Lounge – Back in the Day 2, 8pm, price £15/£12.50, recommended for 16+

Enjoy a hilarious evening with four comedians and your host the Cockney Prince. Special guests include Richard Blackwood. For details call Stratford Circus on 020 8279 1002 or visit www.stratford-circus.com

Look out for updates on everything taking place at Sunday Funday at www.newham.gov.uk

Fatma Bhaijee (left) and daughter Aisha



Fabulous foster parents

Foster Care Fortnight runs from 16 to 29 May this year and celebrates the many foster carers who have given the most vulnerable children a home.

The council has nominated two foster carers for special recognition at a ceremony being held by the Greater London Authority. These families have been especially committed to caring for children and young people.

Meet the Bhaijees

Fatma and husband Yaqub Bhaijee have been fostering for 17 years. They currently have a two year old toddler living with them. He has special needs and needs 24-hour care and is often in and out of hospital, where Fatma and her daughter Aisha take turns to ensure he is never left on his own.

"If you feel you could do it, go with your heart. It's so rewarding and so important to these children. And for us, it's a pleasure"

Fatma says: "I don't do long-term fostering; we look after babies for short or medium-term periods. The first few times it was really hard to give them up, so hard that we had to sit down as a family to talk about it. We decided that we were lucky to be able to give these children the love and care they need for that short time, and they have to move on so we can do the same for another child."

However, it's credit to Fatma and her family that the goodbye is not always forever: "Quite a few of the children are still in touch. A few weeks ago I even went to one of our former foster children's wedding!"

Fatma's advice to potential foster carers: "If you feel you could do it, go with your heart. It's so rewarding and so important to these children. And for us, it's a pleasure."

Meet the Middletons

Denise and her husband, Victor, have been fostering for a massive 31 years and have had more than 150 placements. They are currently caring for two young people aged 16 and 17 on a long-term basis. Denise and Victor are dedicated to the two boys. She says: "We just clicked



All children need a stable home where someone cares about them, but the sad reality is that some do not have that. Some children have to go into foster care; this may be because of a parent's ill health, family problems or because a child has been neglected or abused. The role foster carers play in these children's lives is incredibly valuable, not only to those children but to everyone in the community.

with these boys, and we've taken them into our family long-term.

"I went into fostering because my youngest had gone to school and I didn't know what to do with myself! We also wanted to share what we had – a happy family life.

"It's really rewarding – I'd tell anyone to go for it and enjoy it"

"It's really rewarding – I'd tell anyone to go for it and enjoy it. But you have to make sure your whole family is happy with it too. I couldn't do it without my birth children and their partners – they work so hard and they don't get much recognition.

"You have to be able to make the commitment and not waver from it – but at the same time be honest with yourself and social services if you decide it's not for you. And don't be afraid to ask for help. Social services can offer support and respite. Sometimes you've just got to say: I need that break."

Could fostering be for you?

We aim to recruit foster carers who will care for a child as if it is their own. What we are looking for are couples or individuals who are patient, energetic, resilient and understanding, and who enjoy spending time with and caring for children. Many find that having a career in fostering fits in very well with their own family commitments.

We are particularly looking for individuals and couples who can care for teenagers.

Once approved, you have your own social worker who will support you. During evenings and weekends an emergency duty team will be on hand to discuss any concerns. All new carers receive training and weekly allowances, one to cover childcare costs and one for you, ranging from £222 to £370, based on the age of the child and your experience.

If you would like to find out more about fostering, please call Newham Fostering Service on 0800 0130 393

Helping disabled people **make a difference**

For some residents, everyday tasks like opening a can, climbing the stairs or reading the mail can be difficult – even impossible. They rely on services and equipment to help them with jobs that most of us take for granted. The council provides a range of services for disabled people and those with long-term conditions.

Now we have launched a new service that gives residents the chance to view and try out equipment themselves, enabling them to decide exactly what suits them before they commit to having it in their homes.

The Information, Equipment, Demonstration Area (IEDA) is a place where people can try out equipment to help with sensory, OT or Telecare needs. It is based at the Resource Centre for Older People in Chargeable Lane, Plaistow. *The Newham Mag* went along to the launch event to see what residents thought.

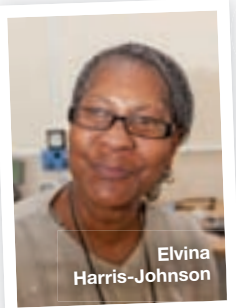


Marisa Remy

Marisa Remy from Newham User Group, an organisation that acts as advocates for disabled people, said that the IEDA was “a fantastic

opportunity. It represents an avenue for disabled people to make a difference to their own lives. It's the choice between a difficult life and no life at all”.

Elvina Harris-Johnson has a visual impairment and was trying out an electronic magnifier. She said: “With



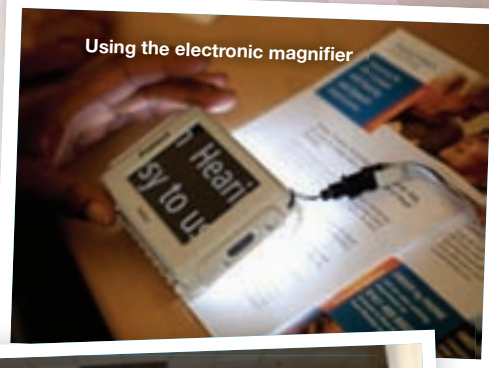
Elvina Harris-Johnson

With this, I can do all my reading myself.”

this machine, I will be able to read my letters. I won't be late paying my bills – normally I just leave them piled up until my kids come around and read them.

How to access the IEDA

If you are a disabled resident and struggling to carry out daily activities such as reading the post or climbing stairs safely, please call 020 8430 2000 for an appointment or advice.



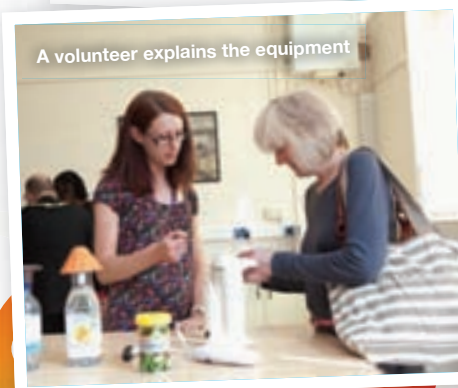
Using the electronic magnifier



Deputy Mayor Andrew Baikie and Cllr Joy Laguda, executive member for older people, open the area



Some of the equipment



A volunteer explains the equipment



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v SOMERSET
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Ladbroke Williams Trophy

v HAMPSHIRE ROYALS
Thursday 23 June (7:00pm)
Ticket includes entry to
Hartford Women's
International T20

v SURREY LIONS
Friday 24 June (7:00pm)
Ladbroke Williams Trophy

v MIDDLESEX PANTHERS
Saturday 2 July (5:00pm)

v GLAMORGAN DRAGONS
Friday 8 July (7:00pm)
Ladbroke Williams Trophy

v KENT SPITFIRES
Friday 15 July (7:00pm)

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Another string to their bows



**The Mayor's
Promise #8**

Every child a musician

Children from schools across the borough took their playing to a new level when they got together to perform in a special concert celebrating all they have learned since taking part in the Every Child a Musician (ECaM) programme.

The groundbreaking initiative, introduced last year by Mayor Sir Robin Wales, gives all Year 5 children in Newham's primary schools free tuition and use of an instrument for two years. If they complete the two years, they can keep the instrument. These include the violin, viola, trumpet, trombone, flute, clarinet, guitar and keyboard.

Earlier this month, the first cohort of musicians gathered to share keynotes from their learning with an invited audience at the Playing Together event. More than 100 children from ten schools, who joined the ECaM programme in September, presented their newfound skills at a performance to their parents and tutors.

Currently, more than 50 schools are participating in the programme, with another 90 joining them in September; by the end of the summer term, almost 4,000 children will be learning an instrument.

Sharing music and playing with others is the key to keeping the love for music alive; part of Sir Robin's vision for ECaM includes children having the opportunity to play in ensembles. Playing Together allowed children to share what they have learned with each other as well as having the opportunity to take to the stage and show off their talents.

Sir Robin said: "This is the first time

these children have played together in public. Their efforts and motivation have been exceptional. They each put forward a sterling performance and are a credit to their parents, schools and tutors."

Parent Abu Ahmed said: "Playing the flute helps refresh my son's mind and keep him focussed. I try to help him, even though I can't play myself."

Keyboard player Mariyam Louisa, from Sandringham Primary, said: "I enjoyed the experience of being on stage and playing my instrument. I've learned that the simplest things can be turned into a great big song when you're in an orchestra."

A round of applause for the schools who took part:

Curwen, Elmhurst, Gallions, Godwin, Kaizen, Park, Portway, St Winefrides, Sandringham and Tollgate primary schools.



Do you want to develop your language interpreting skills?

Then now is your chance to access a free level 3 community interpreting course.

This course is available to Newham residents and will run every Saturday starting from 14th May – 16th July 2011.

The Mary Ward Centre is working in partnership with Newham Language Shop to offer free training to successful applicants who live in Newham.

To express your interest or for further information, please e-mail michael@marywardcentre.ac.uk or telephone 020 7269 6033 or visit the website: www.marywardcentre.ac.uk



thenewhammag

To advertise here call Julie Madell on 07890 529 090 or email julie.madell@newham.gov.uk



Newham London

Newham's new programme Every Child a Musician (ECaM) Sessional Instrumental Tutors

Pay rate will be between £20 and £25 per hour depending on qualification, experience and training.

Do you want to be part of an exciting and ambitious new music programme for young people? The Mayor of Newham has launched ECaM, a programme providing instrumental music tuition for every Year 5 child in the borough.

We have excellent opportunities for musicians and singers with experience of teaching young people who want to join us in making this programme a success. We are looking for staff with skills in the following areas:

- > String (violin, viola)
- > Woodwind (flute, clarinet)
- > Brass (trumpet and trombone)

- > Acoustic guitar
- > Keyboard
- > One of the above plus experience of music therapy and/or special educational needs (SEN)

We offer a supported programme (induction; networking events etc.), flexible working arrangements and the chance to contribute your ideas to the development of this exciting programme.

For further information and to apply please go to
www.newham.gov.uk/Jobs

If you have any questions regarding the role, please contact
ecam.tutor@newham.gov.uk

Do you want to become a music tutor?

Following a successful pilot programme to provide music tutor training to local musicians, we hope to run a similar programme in the near future.

To find out if you are eligible and to register your interest, please send an e-mail outlining your interest and any experience to ecam.tutor@newham.gov.uk. We will contact you when further programmes become available.





Celebrating in pictures





Newham took to the streets to join the nation in celebrating the Royal Wedding of Prince William and Catherine Middleton. Across the borough, friends and neighbours enjoyed a good ol' fashioned East End street party. Reece (7) was king for the day at the North Beckton Primary School street party, while his friends stepped in time at their Royal Wedding March (3). Cotswold Gardens, E6 (4, 6 and 8), and Ling Road, E16 (5), were just two roads that got together to party. The prelude to the celebrations was held on Saturday 23 April, when the St George flag was flown from Newham Town Hall, E6 (2).





Page 20: clockwise from top left: Decisions, decisions for this party-goer in Ling Road, E16. Pooch at the party. Cllrs Baikie and Desai fly the flag in Ravenscroft Road, E16. The icing on the cake in Ravenscroft Road, E16. **Page 21: clockwise from top:** Wythes Road, E16, prepares to party. Reclaiming traffic-free streets with free flowing football on Ling Road, E16. This street party on Browning Road, E12, was a knockout. Our very own mini Kate and Will get into the party spirit on Ling Road, E16.



A stitch in time

The bunting's come down and the confetti swept away but Raishma Islam is still reeling from the biggest event of the year after she was commissioned to create an outfit for a guest at the Royal Wedding.



> WORKING LIVES

Green Street's snapping at the heels of Bond Street when it comes to couture. And for luxury and elegance, look no further than Raishma. Stepping into her store at 37 Green Street is like entering an Aladdin's cave of luxury fabrics and intricate embroidery. The couture trained designer has worked with fashion legends including Elizabeth Emanuel, Bruce Oldfield and Bella Freud – and it shows from the range, colour and cut of her unique pieces.

Designer, businesswoman and mother, Raishma can now add Fairy Godmother to her list of achievements after she made the dreams of a homeless Cinderella come true. Two weeks before the Royal Wedding, she received a call from ITN asking if she'd be willing to donate an outfit to a homeless girl called Shozna, whose story touched Prince William's heart and resulted in him personally inviting her to attend the event of the decade.

Why did you decide to help Shozna?

I'd obviously love to dress anyone for the Royal Wedding but after I'd heard her story I realised what a hard time she'd had. In this field you end up donating outfits to celebrities, it's what you do, but to give it to someone who really deserved it was a lot nicer. She's a size four, so to be able to dress her was a gift.

Tell us about the dress

What Shozna wore had to be suitable for the occasion. We checked about dress length, what was going to be suitable for the church and what was suitable for her. In the end, the whole 1950s style we went with was bang on trend. Even Kate went for it!

Was this your first brush with royalty?

No, I've designed gowns for

Princesses Eugenie and Beatrice, which they really liked. I've created outfits for lots of celebrities like former Spice Girl Mel B, singer Samantha Mumba, girl group Atomic Kitten and, most recently, Coronation Street actor Shobna Gulati.

Where do you take inspiration from?

I'm inspired by designers like Valentino and less inspired by what's going on in India and Bollywood. I don't watch Bollywood films, although I probably should. We do a lot more traditional Asian wear than we used to – we have plenty of bling in-store now. I wanted to be able to cater to everybody's taste, and everybody's taste is not going to be mine. I've learned to accept that and that other styles work too.

What makes you stand out from other boutiques?

I've done the hard graft, I've got the degree. We're not traditionally an Asian store, we're just a bridal store; we cater for English, Arab and Asian brides. As far as I know, we're the only store that specialises in bridal to the degree that we do.

I was on the sewing machine at home by age 10 and stitching clothes by the time I was 12. I was always interested in cutting and draping. I loved European cuts. For me, it's all about the cutting, less so about the beading; that should be less is more, not more is more, which is very much an Asian mentality. I worked with top couture designers before I opened my own store. We're not retailers, we custom make.

Find out more about training in couture and dress-making by visiting www.newhamworkplace.co.uk or calling 020 3373 1101.

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090



- WEDDING
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MEN into Primary Teaching Taster Course 22nd to 24th June

- Are you male?
- Do you live in Newham or Tower Hamlets?
- Are you a graduate holding a BA, BSc or a similar degree?
- Are you interested in a satisfying career with excellent prospects for advancement?
- Have you considered teaching in a primary school?

Then apply for our three-day, *£30 Taster Course, to be held in Tower Hamlets from 22nd to 24th June

(* Note: payment will be taken by cash or cheque)

To download an application pack go to:
www.teachnewham.co.uk

or for further information contact:
rosalind.sarwan@newham.gov.uk Tel: 020 3373 9724.

The deadline for the return of completed application forms is **5pm, Tuesday 31st May**.

The schools in these authorities are committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.





For Deaf and Hearing-impaired Children

The Big BSL Party **for Deaf and Hearing-impaired Children**

Music | Face Painting | Health workshops | and lots more

When: Bank Holiday Monday 30 May 2011
Where: Well Community Centre, 49 Vicarage Lane, East Ham, London. E6 6DQ
Time: 10am – 3pm

It's FREE so bring your friends and family
Refreshments and snacks will be provided
but hurry as spaces are limited

Register by 16 May 2011

For more information take a look at our website www.kefoundation.org.uk
Contact: KE Foundation, Unit 1, New Business Centre, Durning Hall, Earlham Grove, Forest Gate E7 9AB.

Tel: **07859 935687** or **020 855 58802**
Email: theteam@kefoundation.org.uk

Voluntary organisations, business and community groups are welcome to display information for a table hire of £10

Raising deaf awareness in Newham




For Deaf and Hearing-impaired Children

Saturday Junior School **for Deaf and Hearing-impaired Children**

Join us at: Skills Enterprise, Well Community Centre, 49 Vicarage Lane, East Ham E6 6DQ.

Start date: 7 May 2011

With our BSL Level 2 Support Workers onsite
Every Saturday 10.30 – 12.30 term-time only

Application closing date: 6 June 2011
But hurry — spaces are limited!

Helping to shape our children's future

For more information take a look at our website www.kefoundation.org.uk
Contact: KE Foundation, Unit 1, New Business Centre, Durning Hall, Earlham Grove, Forest Gate E7 9AB.

Tel: **07859 935687** or **020 855 58802**
Email: theteam@kefoundation.org.uk



Hooray for half term

If you're looking for a way to while away a week at the end of the month here's a taste of what you can do for free in Newham. For more activities visit www.newham.gov.uk/halfterm

Playworkers in parks

Free outdoor sports and physical activities, arts and crafts, messy play and more are on offer for six to 14-year-olds at the following parks:

Memorial Park, Memorial Avenue, E15; Tuesday 31 May

Plashet Park, Plashet Grove, E7; Wednesday 1 June

Forest Lane Lodge and Park, Magpie Close, E7; Thursday 2 June

New Beckton Park Savage Gardens, E6; Friday 3 June.

All sessions take place from 10am-4.30pm but close for lunch from 1-1.30pm.

Football

The Community Forum Football Competition is back by popular demand. Head to your nearest venue to take part on the following days from 10am-4pm for under 16s and 6-8pm for adults:

Tuesday 31 May, Plashet Park, Plashet Grove, E7

Wednesday 1 June, Beckton District Park South, Stansfeld Road, E6

Thursday 2 June, Newham Leisure Centre, 281 Prince Regent Lane, E13

Friday 3 June, West Ham Park, Portway, E15.

Winners will be entered in the final on **Saturday 4 June**, from 10am-

5pm, at Memorial Park Sports Ground, Memorial Avenue, E15. Email getactive@newham.gov.uk or call 020 3373 0301 for more details.

Girls only

If you're a girl aged between 14 and 19, use the gym at Newham Leisure Centre, Prince Regent Lane, E13, for free on:

Tuesday 31 May, 3.30-5pm

Wednesday 1 June, 4-5.30pm

Thursday 2 June, 1.30-3pm

Friday 3 May, 1.45-2.45pm.

BMXing

A two-day course, with helmets and bikes provided, at Gooseley Playing Fields BMX Track, St Albans Avenue, E6, for eight to 16-year-olds.

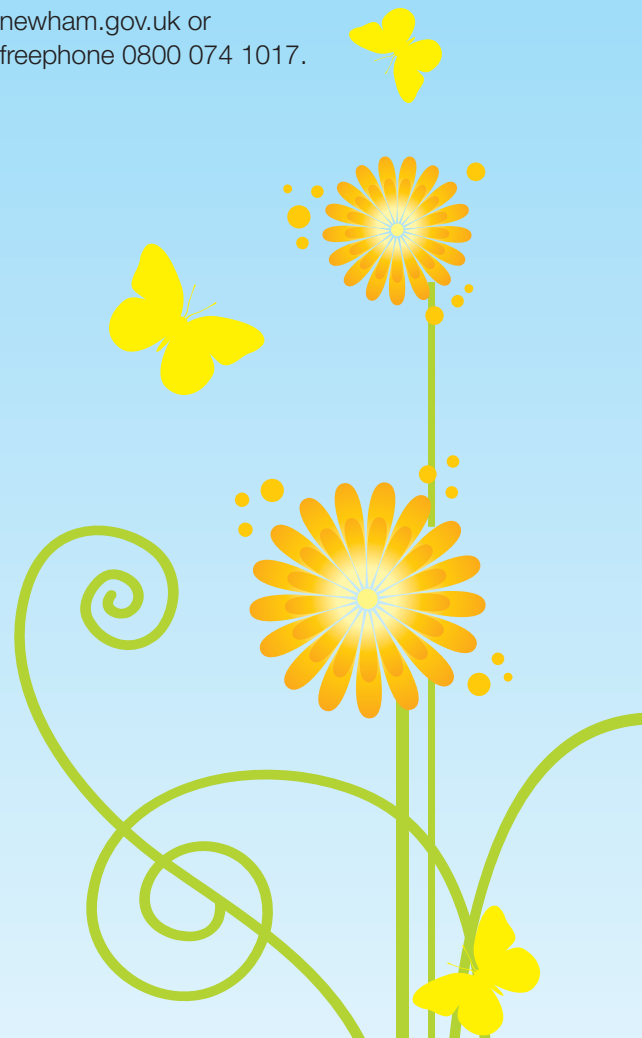
Wednesday 1 June and Thursday 2 June, 1-4pm

Places limited to 16 people so booking is essential. You must be able to ride without assistance and attend both days. Call 020 3373 7511 or email getactive@newham.gov.uk to book.

Children's Centres

All Sure Start Children's Centres will be running their planned free programmes for under-fives and parents; some activities may be opened up to siblings

up to the age of eight – check with your local centre for details. There are 25 Children's Centres in Newham, to find your nearest one email customer.services@newham.gov.uk or freephone 0800 074 1017.



Sunday Fun Day – 29 May The free family event returns to Stratford. From 12noon-6pm enjoy children's activities, sports demos, live music and more. See page 8 for more details.



EVERYBODY NEEDS GOOD NEIGHBOURS

Anti-social behaviour (ASB) takes lots of different forms: spitting, dropping litter, street drinking, fighting...these are just a few examples. It's a small minority of people in our borough who act anti-socially but it affects the majority.

But there is strength in numbers – and there is a variety of ways that you can get together with your neighbours to have a greater voice and make ASB unwelcome in your area.

PEOPLE POWER IN PLAISTOW

Residents in Plaistow used their ward panel to tackle ASB. They got so fed up with the increase in litter around Prince Regent Lane that they got together and formed a voluntary neighbourhood agreement, called Proud of Plaistow.

At a ward panel meeting, PCSO Lucy Myatt suggested the agreement as a way to tackle the numerous complaints about fast food wrapping being dropped in the area. Her suggestion was met with enthusiasm from the council, police, Newham Sixth Form College (NewVlc), Cumberland School, local businesses and residents, who agreed to make a concerted effort to keep their area litter free.

Under the agreement, NewVlc and Cumberland will ensure that a member of staff goes out in the morning and afternoon to pick up litter from within ten metres of the college and the school.

Nine businesses in Prince Regent Lane have already signed up and pledge to reduce litter by always asking customers whether they want a plastic bag and ensuring that the front of their premises is litter-free.

The contribution by NewVlc students was the Proud of Plaistow artwork, while Cumberland students are working on designs for t-shirts to promote the message.

Police will work together with the council's street scene enforcement officers to monitor the progress of the agreement.

If you are a business or organisation in Prince Regent Lane and would like to sign up to the Proud of Plaistow agreement contact Jere on 020 3373 7068.



Young Mayor Ali Mohamed and two Cumberland School students with their pledge



Young Mayor and NewVIc student, Ali Mohamed (pictured above): "It's important that everyone in the community takes

pride in their area and keeps it clean. We need to work together and take responsibility for our area."

Amir Ali, owner of Spice Tandoori takeaway: "I think this is just what the community needs – it's about working together."



Inspector Roger Mitham, Plaistow South ward said: "Communities come up with the best solutions for them and there are some good success stories from this already. It's all about having respect for the environment and the people that live there. We hope more people will be encouraged to join in."

MAKE A DIFFERENCE IN YOUR AREA

If you would like to find strength in numbers, there are already options in your area. You can:

Become a ward panel member

A ward is a neighbourhood within your borough. Each ward has a dedicated Safer Neighbourhoods Team (SNT) and a panel made up of people who live or work within that ward. This panel meets regularly to discuss the concerns facing the local community around crime and anti-social behaviour, and sets the priorities the local police team will tackle. They also get involved in working with the police team and local partner agencies, such as the council, to find lasting solutions to these priorities.

Join Neighbourhood Watch

Neighbourhood Watch is all about looking out for each other. By working together, neighbours can take action to improve the environment by getting something done about things like vandalism, graffiti, poor lighting and a lack of local amenities.

If you are interested in either of these contact your local SNT for more information.

There are 21 Safer Neighbourhood Teams in Newham; go to www.met.police.uk/teams/newham to find yours.

NOTES ON NOISY NEIGHBOURS

The council has a noise and nuisance team, whose job it is to investigate complaints of excessive noise and anti-social behaviour in Newham. Here we look at a night in the life of a noise and nuisance officer, working hard to keep the peace on your streets.

Midnight

A distressed resident calls to report a house alarm going off next door. It had started around 10pm just as the complainant was about to go to bed – he is a postman and had to be up at 4am the next day.

12.30am

We arrive and discover that the occupiers have moved out the previous day and the property has been sold. The law states that house alarms should re-set themselves after 20 minutes, but as this one hasn't and the noise was so bad, affecting the whole neighbourhood, I contact a Justice of the Peace to apply for a warrant to gain entry into the property and turn off the alarm.

1am

With police and a locksmith we gain entry into the property – with minimum damage and fuss – and turn the alarm off at the mains box. We wish the residents a peaceful night sleep and go to our next call – a very loud party in the middle of a large block of flats.

1.30am

The party is jumping and we can hear the music while parking our car six storeys below. There are people on the communal landing dancing and singing and the music level is horrendous. As this is the first time the team have been called to this address we give the occupier a warning that if the music level does not reduce we will return with the police and serve a legal notice which will give us the power to remove their stereo system. He turns the music down.

In London we are surrounded by plenty of noise, most of it the welcome hubbub of a city going about its business. But sometimes the noise is not welcome and can even be damaging to our health. This May, Noise Action Week is the chance to find out how noise can affect us and what the council can do to help you lead a more peaceful life.

3.30am

Our next call is to a late night pub. The doors are wide open and we can see a band playing inside. This pub has a history of complaints. The noise team had already served a Noise Abatement Notice on the licensee to prevent the excessive noise from recurring. This level of music would be considered a Statutory Noise Nuisance, and in breach of the Noise Abatement Notice previously served.

I advise the owner that the matter will be referred to the council's legal team for prosecution, where, if found guilty, he could be fined up to £20,000, and his licence could be at risk.

4.30am

Back to the office for a welcome cup of tea!

Do you have questions about nuisance noise? To mark Noise Action Week you can meet the team and find out all you need to know at these Local Service Centres:

Monday 23 May, 11am-1pm, Canning Town

**Tuesday 24 May, 10am-12pm, Manor Park
1.30pm-3.30pm, Forest Gate**

Wednesday 25 May, 11am-3pm, Stratford

Thursday 26 May, 11am-1pm, Beckton Globe

To report a problem with noise call 020 8430 2000; officers are available daily for visits until 4am.

Meet the noise team at the Sunday Fun Day – head to the community safety area in Stratford Park – turn to p8 for details.

Help with your energy bill

If you're struggling to pay your gas or electricity bills then you could be eligible for a grant to help you keep warm.

If you're an EDF customer you could get help from East London Financial Inclusion Unit (ELFI). The unit is funded by EDF Energy Trust and it aims to help people on a low income pay their fuel bills. If you meet certain criteria then you can get a grant towards your bill. You may be eligible for help if your household income is less the £15,000 per year or if you are in receipt of:

Income Support / Housing Benefit / Jobseeker's Allowance / Council Tax Benefit / Working Tax Credit / Child Tax Credit / Pension Credit / Disability Living Allowance / Attendance Allowance

If you meet the above criteria then get in touch with ELFI to see if they can help. Call 020 8509 9311 and if the line is busy leave a message and an adviser will call you back.



Shop till you drop at the International Bazaar

Oliver Thomas Children's Centre is holding this year's International Bazaar.

The aim of the event is to help boost small local businesses which have been started by Newham residents. Pop along and show your support for your local community and bag some unique bargains too.

Stalls will be selling jewellery, bags, health products and much more.

All ages welcome. Come along on to the Oliver Thomas Children's Centre in East Ham on Thursday 26 May from 9.30-11.30am and then 1-3pm.





Teen parents: learn baby basics **for FREE**

You've heard the saying 'there's no manual for parenting'. Well if you are between 16 and 18-years-old and about to become a parent, we have the next best thing: a free course that teaches you all about babies – from birth to beyond.

The NCY Skills for Young Parents course is being run in conjunction with Newham Council SkillsJAM education courses for young people and by New Choices for Youth (NCY) Trust, which provides various programmes for young people.

The 12-week course equips teenage parents for birth and caring for their babies. Subjects covered include understanding pregnancy, parenting skills, caring for your child and healthy living.

A free lunch and on-site crèche facilities will be provided. At the end of the course you will get a National Open College Network accreditation and you will also be encouraged to study for a food hygiene accreditation.

The next course starts on Tuesday 31 May, 10am-4pm, and is every Tuesday and Wednesday for 12 weeks, finishing on Wednesday 24 August, at NCY Trust, 25 Cloughton Road, E13. Places are limited, so make sure you book your place by contacting Alex Scott 07903 322442 or email alexs@ncytrust.org

WIN! A signed copy of Stacey Solomon's autobiography

X-factor star and East End girl Stacey Solomon will be signing copies of her new book, *Stacey: My story so far*, at Newham Bookshop on Saturday 21 May at 5pm. Come along and meet the local girl done good!

If you can't make it on the day, you still have a chance to bag a copy of her book. To enter, just answer this question:



What is the name of Stacey's three year old son?

Send your answers to
Newham.mag
@newham.gov.uk or
Newham Mag,
Newham Dockside,
1000 Dockside Road,
E16 2QU before 27 May.



Play a role in shaping police services

The Metropolitan Police Service (MPS) would like to know how you would prefer to get in touch with your local police force: by telephone, online or face-to-face (dropping-in to police stations or by appointment)? To hear your point of view, the MPS has launched an online survey asking a range of questions whose answers will help influence policing in the borough. The survey is completely anonymous.

Chief Inspector Shaun De Souza Brady is leading on the survey for Newham. He said: "We are seeking to improve our services and ensure we are getting it right for the public. This survey is an opportunity for you to influence and shape police service delivery for the future."

To have your say, go to
www.met.police.uk/contacts/public_access_survey

The survey is part of a wider review being carried out by the MPS into the different ways in which you can contact the police and access services.



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU

GALLERY



Tiya Hirani, 6



Thuricga Jeyabalan, 8



Fazana Haque, 9



Khadija Elasta, 13

This fortnight's best entry wins four tickets to Fly Away Kate on Saturday 21 May



Stratford Circlets

Get your entries in now to be in with a chance of winning a four tickets to Chalk Giants at Stratford Circus on 4 June. Send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!**

Colour-me-in Wordsearch



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Brie
Camembert
Cheddar
Edam

Feta
Gorgonzola
Gruyere
Mozzarella

Parmesan
Pecorino
Stilton
Wensleydale

Jokes

Q: What do you call a lizard that sings?

A: A raptile

Q: Why was the spider working on the computer?

A: Because he was searching the web

by Laksena
Sureshkumar, 8

WHAT'S ON?

**FIVE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

13 – 27 MAY

TRY SOMETHING NEW... URBAN STREET SPRINT

Whether you can run like the wind or run for the bus, take part in new sprint sessions for all on the following days:

Tuesday 31 May, under 16s: 12-3pm, adults: 6-8pm,
Plasht Park, Plasht Grove E7

Wednesday 1 June, under 16s: 12-3pm, adults:
6-8pm, Beckton District Park South,
Stansfeld Road, E6

Thursday 2 June, under 16s: 12-3pm, adults: 6-8pm,
Newham Leisure Centre, 281 Prince Regent Lane, E13

Friday 3 June, under 16: 12-3pm, adults: 6-8pm, West
Ham Park, Portway, E15

Winners from all heats will be entered into the final on
Saturday 4 June, from 10am-5pm at Memorial Park
Sports Ground, Memorial Avenue, E15. The Urban Streets
Sprints is 30metres for under-tens and 60metres for other
age groups. For more information or to register email
getactive@newham.gov.uk or call 020 3373 0301.



ALL LIBRARY LISTINGS

See Library Contacts (next
page) for venue details.

UNDER FIVES GROUPS

All open to under fives with
their parents/carers.

Storytelling

Beckton Globe

Friday 10-11am

Canning Town

Monday 10.30-11.30am

Custom House

Tuesday 10.15-11.15am

East Ham Wednesday
2-3pm

The Gate

Friday
11am-12noon

Green Street

Thursday
10.30-11.30am

Manor Park

Thursday
10.30-11.30am

North Woolwich

Thursday 2-3pm

Plaistow

Tuesday 11am-12noon

Stratford

Tuesday
11am-12noon and Friday
11am-12noon

Crafts Club

Manor Park

Tuesday 10.30-11.30am

Toy Library

Beckton Globe Monday

10am-12noon and

Thursday 1-3pm

East Ham

Tuesday
10am-12noon and Thursday
10am-12noon

Imaginative Play

East Ham

Friday
10.30-11.30am

Learning & Craft

Beckton Globe Tuesdays

during school term

1.30-2.30pm

ADULT READING

Adult Reading Groups

East Ham Monday 16 May
6.30-7.30pm

OTHER GROUPS

Over 50s Club

Beckton Globe Tuesday

9.45-11.45am

Click-On – computer
sessions for over 50s, contact
the library to book a place

East Ham Friday 10am-
12noon and 2-4pm

Plaistow Friday 10am-12noon
and 2-4pm

Writers' Group

The Gate

Tuesday 31 May 5.45-7.45pm

ICT Surgeries

Green Street

Tuesday 10am-12noon

The Gate Thursday 10am-12noon

Knit & Natter – craft group
for men and women of all ages
and abilities

Beckton Globe Wednesday
10am-12noon

Canning Town

Friday 10am-12noon

Movie Night at Stratford

Library – Pretty Woman (15)

Stratford Thursday 26 May
6-8pm (prompt start)

YOUNG PEOPLE

Homework Club – All young
people aged seven to 14 can get
free study support at their local
library on the days and times
below. School term only.

Beckton Globe

Tuesday 4-6pm

Canning Town

Thursday 4-6pm

Custom House

Thursday 4-6pm

East Ham

Monday 4-6pm

The Gate

Tuesday 4-6pm

Green Street

Tuesday 4-6pm

Manor Park

Thursday 4-6pm

North Woolwich

Monday 3.30-5.30pm

Plaistow Thursday 4-6pm

Stratford Monday 4-6pm

Games Clubs – Sony PS3 or Xbox 360 and Nintendo Wii games, board games and many more free activities for eight to 13-year-olds.

Canning Town

Monday 3.30-5.30pm

Custom House

Tuesday 3.30 to 5.30pm

East Ham

Tuesday 3.30-5.30pm

Manor Park Monday 3.30-

5.30pm

Stratford Playerz – Free activities for young people aged 12 and over.

Stratford Thursday 19 May 4pm-6pm

Teenage Games Club –

PS2 and Xbox games, music, board games and many more activities for ages 12-16.

Beckton Globe Wednesday 3-5pm

Teen Xtra Evenings – Free activities for ages 12-21.

The Gate Thursday 6-8pm

Family Reading Group – A chance for children aged five to 11 and their families to read and have fun together.

The Gate Saturday 28 May 2.30-4pm

LIBRARY CONTACTS

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 3373 0853
Canning Town Barking Road, E16 4HQ. 020 3373 0854

Custom House Prince Regent Lane, E16 3JJ. 020 3373 0855

East Ham High Street South, E6 6EL. 020 3373 0827

The Gate 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 3373 0856

Green Street 337-341 Green Street, E13 9AR. 020 3373 0857

Manor Park Romford Road, E12 5JY. 020 3373 0858

North Woolwich 5 Pier Parade, E16 2LJ. 020 3373 0843

Plaistow North Street, E13 9HL. 020 3373 0859

Stratford 3 The Grove, E15 1EL. 020 3373 0826

Archives and Local Studies 020 3373 6881

Community Outreach

Services For more information call 020 3373 0813

SPORTS PROGRAMME

Basketball

Newham NSP (free)

- Basketball coaching, 8-19

Mon, 7.30-9pm

Little Ilford Youth Centre, E12

- Basketball Competition, 8-19

Tues, 6-7.30pm

Lister School (Sports Hall), E13

- 3 vs 3 league, 8-19

Thurs, 5-7pm

Forest Gate Youth Centre, E7

Youngbloods Basketball

- Under-12s, mixed

Saturdays, East Ham Leisure Centre

1-3pm

- Under-13/14s, boys

Mondays, 6-8pm, St Angela's School

Tuesdays, 5.30-7.30pm

Newham Leisure Centre

- Under-14s, girls

Mondays, 4.30-6pm, St Angela's School

Tuesdays, 5.30-7.30pm,

Newham Leisure Centre

- Under-15/16, boys

Tuesdays, 6-8pm, East Ham

Leisure Centre

Fridays, 6-8pm, St Angela's

School

- Under-17/18 boys

Tuesdays, 8-9.45pm, East Ham

Leisure Centre

Thursdays, 7-9pm, St

Bonaventure's School

Fridays, 6-8pm, St Angela's

School

Each session costs £1. Contact

Caroline on 07958 307 657 for

more details.

Football

Newham NSP (free)

Five-a-side

- U14 & U18

Mon, 6.30-8.30pm

Newham Leisure Centre, E13

- 11-18

Wed, 5-8pm

Priory Park MUGA, E6

- 8-19

Wed, 5-6.30pm

Keir Hardie Park, E16

- Five-a-side, 8-19

Fri, 6-7.30pm

Scud Park, Tant Avenue,

Canning Town, E16.

- Mayor's Football League, U14,

U18,

Thurs, 4-6pm

Memorial Park

- Coaching and competition, 8-19,

Sun, 1-2pm

Winsor Park, E6

- Monthly tournament

U12, U14, U18, 10am-1pm

First Sat of the month

Plasnet Park, E6

WHU Kickz (free)

Mon

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Tues

- U14, 4-5.30pm

- 15+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 6-9pm

Priory Park MUGA, E6

Wed

- 11-18, 5-8pm

Priory Park MUGA, E6

Thurs

- 11-18, 4-7pm

Priory Park MUGA, E6

Fri

- U14, 4-5.30pm

- Girls 11+, 5.30-7pm

West Ham Community Astro Turf (Beckton)

- 11-18, 5-8pm

Forest Gate Youth Centre, E7

Air Football 16+

Tues

1-3pm, Stratford Park, E15

Fri

3-5pm, Beckton Powerleague

For more info visit

www.airfootball.co.uk

Ascension Football Academy

For info call Beryl Callison

020 7511 1232.

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am



Football

Homework club





School years 8-11:
12noon-1.30pm
All sessions £2.50
King George V Park, E16

Football and basketball Newham All Star Sports Academy (NASSA)

- 12-16 mixed, Mon
6-7.30pm,
- 18+, 7.30-9pm, Newham
Leisure Centre, E13
- 11-16 girls, Tues,
4.30-6pm, Sarah Bonnell
School, E15
- Fri, 4.15-5.30pm 8-11 mixed
3.30-7.30pm, 12-16 mixed
Cumberland School, E13
For more information about
Newham All Star Sports
Academy (NASSA)
call Chris on 07932756197
or Natasha on 07985281581
or visit www.nassa2012.org.uk

Handball (free)

- Newham Flames, Tues
U15, 3.30-5pm
U18, 5.30-6.30pm
Newham Leisure Centre, E13
(Multi-Sports Hub)
Call Ari Bekker on
020 8430 2484

Multi sports (free)

Newham NSP
- Handball, football,
competition
5-7pm, 8-19
Wed, Stratford Park, E12
- Coaching and competition
4-5.30pm, 8-19
Fri, St John's Community
Centre, Albert Rd, E16

Athletics at Newham Leisure Centre

- Get Set Go Group, 11-16
Mon, 4-5.30pm, £1
- Met Track 10-17
Fri, 4.30-6pm
- Newham and Essex Beagles
Athletics Club, 10+
Mon and Wed, 6.30-9pm;
Sun, 10am-1pm
Email jacqueline.ramsden1@btinternet.com

Cricket

- Tapeball cricket league (free)
11-15, 16+, 6-9pm
Kingsford Astro Turf
- Newham Cricket Club
Monday 5-7pm
8-16, £2 per session
Flanders field,
Napier Road, E6
Visit www.newham.gov.uk
for information.

Boxing

East Ham Boleyn ABC
10- years +; boys only
- Mon, Tues, Wed, 5-6pm
East Ham WMC, 2 Boleyn
Road, E6
Call Daniel Penny on
07958 124 144
- West Ham Boys ABC
9-years +; boys and girls
Mon, Wed, Fri, 5-6pm
The Black Lion, 59-61 High
Street, E13
Call Lianne Jameson on
020 8472 3614
- Peacock ABC 8-years +
Mon, Wed, 6-8pm
boys and girls
Caxton Street North, E16
Call Martin Bowers on 020
7511 3799

- Newham Boys ABC
6-years +; boys only
Mon, Wed, Fri, 6-7.45pm
Old Bath House
141 Church Street, E15
Call Ravinder Atwal/Joe
Chapman 020 8519 5983

- Fight For Peace 11 years
+; boys and girls
(Phone for session details)
Woodman Street,
North Woolwich, E16
Call Marigold Ride
on 020 7474 0054

Contact clubs before visiting

Free non-contact boxing

Non-contact boxing is the
perfect way to increase your
fitness, lose weight, build
strength and learn to defend
yourself.

Osmani Boxing Club is open
to males aged eight to 25
Fridays, 4-6pm
Froud Centre, 1 Toronto
Avenue, E12
For more information call
020 7247 8080 or email
healthyfutures@osmanitrust.org

Free sports@Ascot Hall

Football, girls and boys, eight-
15yrs, Sat, 10am-12pm
Street dance for girls, all ages,
Sat, 12-1pm
Non-contact boxing, eight-
12yrs, Sat, 2-3pm
All sessions are free, for info
call 020 8430 4775
Ascot Hall, Hermit Road, E16

Newham Swords

Learn to fence with Olympic

champions; from ages four
to adult. The Hub in the grounds
of Newham Leisure Centre,
Prince Regent Lane, E13.
Tuesday 6.30-9pm
Thursday 6.30-9pm
Friday 7.30-10pm
Call Linda on 07956 618 898 or
visit www.newhamswords.co.uk

Dare 2 Dance

Free street dance classes for
girls aged 14-24 including
break dance, krump, waacking
and popping.

Newham Leisure Centre (New
Indoor Multi Sports Centre),
281 Prince Regent Lane, E13
Friday 3.30-5.30pm (3.30
- 4.30pm Open Technique
Class, 4.30 - 5.30pm
Choreography Class)

For more information
contact Nicole on 07970 783
526 or email nicole.napier@newham.gov.uk

Newham Striders

Free, sociable walking group
that go striding in the local
area seven days a week. Visit
www.newham.gov.uk, email
paula.peaty@newham.gov.uk
or call 020 8430 2000 for
more information.

Universal Warriors Kickboxing Club

**The Hub, 123 Star Lane,
Canning Town**
Mondays and Wednesdays,
6.30-8pm
Grassroots, Memorial Park,
Memorial Avenue, West Ham
Fridays, 6.30-8pm
Saturdays, 10.30am-12noon



Cost per class: under-16s and concs. £5; 16+ £7

For more information call Don on 07784 712 813 or email teamrichards@hotmail.co.uk

Newham Shoujin Karate Sessions for beginners:

Wednesday 4.30pm-5.30pm (4-15)

Thursday 6-8pm Fighting Fit (karate combat techniques and fitness) (16+)

Friday 6-7pm (4-15) & 7-8pm (16+)

Sunday 10-11am (4-16+)

Sessions are held at Newham Leisure Centre, Prince Regent Lane and the adjacent Multi-Sports Indoor Centre. For more information call 07508 070 638.

Ramgharhia Badminton Club Adults (Advanced)

Tuesdays, 7-9.30pm
Little Ilford School

Church Road
Manor Park

Juniors

Fridays, 6-7.30pm

Adults (Beginners/Intermediate)

Fridays 7.30-9.30pm

Langdon School, Sussex Road, East Ham

For more information and prices contact Kilvir Bahra on 07803 834 037 or email ramgharhia.bc@gmail.com

OPA Netball Club

Tuesdays

Under 16s: 6-7pm and over 16s 8-9pm

Matches in Essex Met League/Three Swords League on Saturdays

Lister Community School, St Mary's Road, Plaistow

All levels welcome, for more information and prices call Lesley Jones on 07717 281 529 or email opa_netball_club@hotmail.com

Run in England – all £2

For more details email

oimafidon@runinengland.co.uk or call 0797 926 1647

Monday, 4-5.30pm, Newham Leisure Centre E13, meet on the track

Tuesday, 6-7pm, Newham Leisure Centre E13, meet on the track

Wednesdays:

12noon-1pm, Newham Dockside, Dockside Road E16, meet at reception

5.30-6.30pm, Newham Leisure Centre E13, meet on the track

Saturdays, all 10-11.30am: Central Park E6, meet at the café,

Wanstead Flats, meet at Harrow Rd Changing Pavilion West Ham Park E15, meet at southgate entrance off Portway

Sunday, 10am-12 noon, Newham Leisure Centre E13, meet on the track

East End Road Runners – for all abilities

Tuesdays, 7pm,

meet on the track at Newham Leisure Centre, Prince Regent Lane, E13. Annual membership £10. Members: £3 per session/ non members £4.

Women United FC (16+)

Mondays (Term time only)

6.00-7.15 Kingsford School, Kingsford Way

Call Shona Pollock on 07968 665849

Woodside

Badminton Club

Fridays 8-9.30pm

Carpenters Docklands Centre 98 Dibbins Road

E15 2HU. Intermediate and club standard players welcome. Call steve 020 8514 1586.

£5 waged/£3 unwaged

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Free Flying Wheels club for young wheelchair users aged six to 22. With an emphasis on wheelchair rugby and training from professional players. Wednesday evenings, 7-9pm The Hartley Centre, 267 Barking Road, East Ham, E6
Call Eda on 020 8472 0058 for more information.

Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16, 4-5.30pm
Fri, 4-8pm, Newham Leisure Centre, E13, free

Multi-Activities

People with Disabilities Club, Tues, Newham Leisure Centre, E13, 10.30am-12.30pm

Swimming for children and young people with special needs

Newham Otters Swimming Club, Sat, Newham Leisure Centre E13, 4.45-5.45pm

For more information call 020 8552 3195

£5 Family Swim, Sun, Balaam Leisure Centre, E13, 12.30-2pm

For details call Zeenat on 07528 562 902

Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Zahra Mirza on 020 7511 4477

Goalball

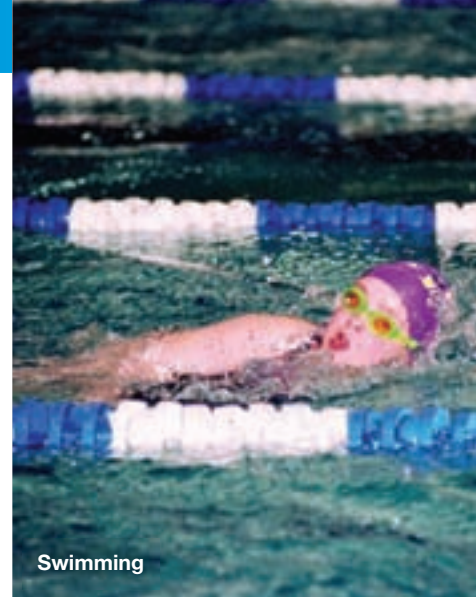
First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

B1 Football Club

Third Sunday of every month at East Ham Leisure Centre from 10am-12noon

For all of the following sessions contact Zahra at GLL on 020 7511 4477.

Free Trampolining sessions



Swimming

Fri, 4-8pm; Sat 12.30-2.30pm, Newham Leisure Centre, E13

Free exercise to music

Sat, 12.30-2.30pm, Newham Leisure Centre, E13

Mixed swimming session for adults and children

Wed, 10am-12noon, East Ham Leisure Centre, £1.15

Families dealing with Autism Swim

Wed, 4-5pm, Balaam Leisure Centre, free.

ARTS LISTINGS

Stratford Circus

Episodes of Blackness

Friday 20 May, 8pm

Episodes of Blackness is a powerful evening of dynamic interdisciplinary work inspired by aspects of black culture and heritage. Tickets £12 / £8

Fly Away Katie

Saturday 21 May, 11.30am and 3pm. Tickets £6 / £5

Recommended age 2-7 yrs
Duration 45 minutes (30 mins, plus 15 mins of meeting the puppets)

ActUP present Changing Attitudes

Saturday 28 May, 7.30pm
Tickets £3, £2 concession

Touching but funny stories about how people face barriers in society and how they are empowered. After

interval the amazing comedian Laurence Clark. Also live music from the Heya Band. Buy on the night or book: 020 8552 8278 / 075 708 606 72 or act-up@live.co.uk www.act-up-newham.com

Box office 0844 357 2625, website www.stratford-circus.com

Discover Morris the Mankiest Monster

Mon 30 May
11.30am, 1pm & 2.30pm
Morris the Mankiest Monster, the most revolting picture book ever, full of ear wax, snot and goo, is presented by story builders.

The Gruffalo Shadow Puppet

Tue 31 May
11.30am, 1pm & 2.30pm
'He's the Gruffalo Gruffalo Gruffalo! – come and watch story builders perform this incredible shadow puppet show.

For both events, visit www.discover.org.uk for prices. Don't miss the FREE launch of Welcome to Monsterville, the new interactive exhibition at Discover, on Saturday 28

May. Activities throughout the day, from 11.30am-3.30pm. For more details visit www.discover.org.uk

OTHER

Orange Rocks

If you're aged over 16 and have four-hours to spare, volunteer to make a difference at the Katherine Road Community Centre, Katherine Road, E7, from 2-6pm on 26 May and you could be rewarded with a free ticket to an exclusive gig. Tasks include gardening work, building a wormery, a general tidy-up and painting garden benches. Refreshments are provided. You must be a Newham Volunteer or you can register at www.orangerockcorps.co.uk

Registration is essential and there are only 50 places available.

COMMITTEE MEETINGS

The following meetings all take place at Newham Town Hall, E6 unless specified.

Crime and Disorder Scrutiny Commission

Tuesday 17 May 7pm

Strategic Development Committee

Tuesday 17 May 7pm

Council – Annual General Meeting

Thursday 19 May 7pm

Local Development Committee

Monday 23 May 7pm

Overview and Scrutiny Committee

Tuesday 24 May 7pm

Newham Partnership Board

Wednesday 25 May 3.30pm

Cabinet, followed by Mayoral Proceedings

Thursday 26 May 5pm

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – www.newham.gov.uk

The Forward Plan, also available on the Newham website, sets out all Key Decisions to be taken over the next 4 month period.

MEET THE MAYOR

Mayor's Surgery

Tuesday 17 May, 5-6pm
Newham Town Hall, Barking Road, E6
Saturday 28 May, 9-10am

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.gov.uk/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email newham.mag@newham.gov.uk

Manor Park Local Service Centre,
685-689 Romford Road, E12

Speak to the Mayor

Wednesday 25 May, 9.30-10.30am. Call 020 3373 8444 between 9.30am and 10.30am and speak directly to Sir Robin.

CYCLING CHALLENGE

Test your cycling skills by riding five, ten or 20 miles at the fourth Newham Greenway Cycling Day.

This fun, free event will take place on Sunday 29 May between 10am and 4pm on the Greenway between Upper Road Plaistow and Stratford High Street.

The meeting point is where the Greenway crosses Canning Road, off Abbey Road. The entire cycling route is traffic free.

For more information or entry packs, contact Michael Striesow on 020 8470 9216 or email him at michael@striesow.co.uk





Revised Bank Holiday refuse and recycling collection times

| Collection day | Revised collection day |
|------------------|------------------------|
| Friday 13 May | Saturday 14 May |
| Monday 30 May | Tuesday 31 May |
| Tuesday 31 May | Wednesday 1 June |
| Wednesday 1 June | Thursday 2 June |
| Thursday 2 June | Friday 3 June |
| Friday 3 June | Saturday 4 June |

Please use your recycling bin or orange bags for all your recycling, including all cardboard.



visit www.newham.gov.uk
call 020 8430 2000

Children's Story Centre
Discover

Welcome to **MONSTERVILLE**

Opening Saturday 28 May
FREE day!

020 8536 5555 www.discover.org.uk
383-387 High Street, Stratford, London E15 4QZ

thenewhammag

To advertise here call Julie Madell
on 07890 529 090 or email
julie.madell@newham.gov.uk

Wake up to...

Sunday fun day



Sunday 29 May

12 – 6pm

packed with **FREE** entertainment for the whole family

what's on

- live music and dance
- sports demos
- children's activities
- street entertainers
- and lots more fun for all ages!

www.newham.com
020 8430 2000

*Brought to you by the
Mayor of Newham*

location

Stratford Park, Town Centre
& Old Town Hall Stratford

DLR: Stratford

Tube: Stratford - Jubilee and Central lines

Buses: 25, 69, 86, 104, 108, 158, 238, 241, 257,
262, 276, 308, 473, D8, S2 (diversions may apply)